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## 数据“说” 心血管病流行趋势

近日,《中国心血管健康与疾病报告2022》公布,其指出中国心血管病(CVD)患病率处于持续上升阶段。推算CVD现患人数3.3亿,其中高血压2.45亿、外周动脉疾病4530万、脑卒中1300万、冠心病1139万、心力衰竭890万、肺源性心脏病500万、心房颤动487万、风湿性心脏病250万、先天性心脏病200万。

城乡居民疾病死亡构成比中,CVD占首位。2020年CVD分别占农村、城市死因的48.00%和45.86%。每5例死亡患者中就有2例死于CVD。农村CVD死亡率从2009年起超过并持续高于城市,见图1。

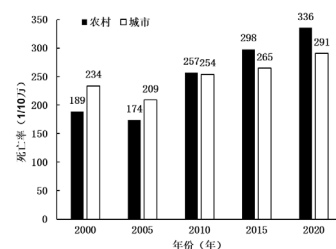


图1 2000—2020年中国城乡居民心血管病死亡率变化

2020年农村CVD死亡率为336.13/10万,其中心脏病死亡率为171.36/10万、脑血管病死亡率为164.77/10万;城市CVD死亡率为291.04/10万,其中心脏病死亡率为155.86/10万、脑血管病死亡率为135.18/10万。

2005年中国CVD死亡人数为309万,2020年增至458万;CVD年龄标化死亡率从2005年的286.85/10万降至2020年的245.39/10万,见图2;2020年中国CVD过早死亡率负担较2005年下降19.27%;2020年,缺血性心脏病、出血性脑卒中和缺血性脑卒中是中国CVD死亡的三大主要疾病。

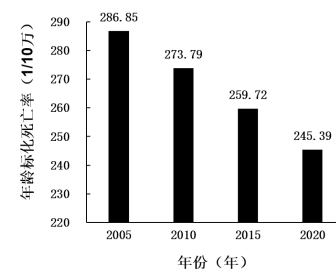


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